
21. Talk to Your Doctor Using Worksheet 3

Complete Worksheet 3. Subjective Mito-Audit Questionnaire. Use this worksheet to identify the experiences you want to discuss with your doctor. Bring both worksheets to your visit.

Total Score and Result for Each Pathway (from Worksheet 3)

Safekeepers: _____ ☐ High Resilience ☐ Under Stress ☐ Needs Attention

Optimizers: _____ ☐ High Resilience ☐ Under Stress ☐ Needs Attention

Builders: _____ ☐ High Resilience ☐ Under Stress ☐ Needs Attention

Experiences I Want to Discuss

Review questions scored 3–5 in pathways that are Under Stress or Needs Attention. Choose up to three experiences that concern you most.

1. Pathway and question: _____ **Score:** _____

What I experience: _____

2. Pathway and question: _____ **Score:** _____

What I experience: _____

3. Pathway and question: _____ **Score:** _____

What I experience: _____

Questions I Want to Ask

☐ Could a medical condition, medication, or other health issue be contributing to this experience?

☐ Could a physical exam or laboratory test help explain or measure it?

☐ What can I do to improve this experience?

☐ What changes should I watch for?

☐ When should we review this again?

☐ Something else (specify) _____

What My Doctor and I Discussed

*From: **The Power to Age Well: An Action Guide to Mitochondria & Healthy Longevity***

A full-sized, printable copy of this resource is available at:

***IntelligentLivingForever.com/Worksheets.** Look for the title of this worksheet.*
